

## Dry Fire Practice for non-shooting days, January through March:

Aiming and eye focus exercises at the [bottom](#);

Dry firing works on specific strength as well as shooting mechanics. Focus is now on 5-Across Shooting.

**Use your Setup cue words with all of these drills**

30 sec. break between 3 min. sessions. Use a timer!!

If you only shoot prone, skip the standing workouts below.

- Do these drills in ski boots; act like you have skis on.
- Set your rifle up and place your target(s)
- Do some dynamic stretching and body strength callisthenics to activate your body (5 min.)
- **Warm Up:** 10 shots standing; 15 shots prone; dryfire. Focus on shot release; breath in fast, out slow, very still aiming point, focus on timing the shot release to coincide with a perfect sight picture. Keep the sight picture perfectly still as the trigger releases. Follow through! Observe the front sight movement; correct when you see any. Keep very still during reloads. Correct for any change in natural alignment.
- 1 x 3 min. standing - holding; focus on correct position, balanced on the middle of your feet; relax into a still place. Rifle barrel just in front of left ankle. *Natural alignment on horizontal*. Bone-on-bone!
- 10 x First bullet (1-shot) prone drills plus 10 First bullet (1-shot) Standing drills. Focus on:
  - Looking at Charlie
  - Left elbow; reach out towards Charlie.
  - Place butt plate onto shoulder; hand goes to pistol grip
  - Rotate right elbow down as *last* movement.
  - Natural alignment on Charlie
  - Traverse to Echo (or Alpha) and shoot first bullet.
- 1 x 3 min. prone - Traverse holding. Focus on steering the rifle through the ups and downs of the breath cycle so that the movement pattern is the same for each target. Fast in – slow out. Start at Charlie; traverse to first target. Breathe and traverse *only* for a 5-shot sequence. Work on rhythm and control of sight movement on targets. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place.
- 1 x 3 min. standing - Traverse holding. Focus on steering the rifle through the ups and downs of the one-breath cycle so that the movement pattern is the same for each target. Focus on a consistent attack. Start at Charlie; traverse to first target. Breathe and traverse *only* for a 5-shot sequence. Work on rhythm and control of muzzle movement. Stay close to the targets. Inner position check when you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place.
- 1 x 3 min. prone - Traverse shooting. As above, with dry firing action. Focus on coordinating shot release with each still-point in movement pattern. Start at Charlie; traverse to first target. Breathe [fast – slow]; traverse and reload; take the shot for each of a 5-shot sequence. Work on rhythm and timing. Do inner position check every time you come back to Charlie
- 1 x 3 min. standing - Traverse shooting. As above, with dry firing action. Focus on coordinating shot release with attack movement pattern. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing. Do inner position check every time you come back to Charlie.
- 1 x 3 min. prone - Traverse shooting. As above. Use cue words from your shooting model. Work on coordinating cue words and shooting movements. Do inner position check every time you come back to Charlie.
- 1 x 3 min. standing - Traverse shooting. As above. Use cue words from your shooting model. Work on coordinating cue words and shooting movements. Do inner position check every time you come back to Charlie.

**Automatization:** If you want these routines to work in competitions, you must rehearse them *exactly* in practice so that they become automatic; so automatic that you can't do it any other way except correctly.

## Aiming and Eye Focus:

One of the most persistent problems in Biathlon is that shooters under stress focus very hard on the target. When they do this, the back sight, which you mostly see with peripheral vision, disappears. When the back sight "disappears", you make big misses!

Try the [Yellow Dot](#) experiments: Try to keep your attention on all four dots – this is just like focusing on the back sight, front sight and target at the same time (only a little harder). Very good eye exercise.

Now try blinking regularly – that works. BUT, if you blink while you are pulling the trigger – that doesn't work *at all*.

**Blinking As A Strategy:** If you have problems with peripheral vision loss, you can build a blink into your shooting routine. For example, for a 2-breath cycle, deliberately blink at the top of the first breath, and check sights for concentric circles. For a 1-breath cycle, blink immediately after the sight picture stabilises on reload.

**Automatization:** If you want these routines to work in competitions, you have to rehearse them exactly in practice so that they become automatic; so automatic that you can't do it any other way except correctly.